



RYA Better Sailing Course
LDSA / Hykeham Sailing Club

18th / 19th Sept 2010

Members Course Fee £25

Non Members £40

(including Handbook and Certificate)

Details from Pete Bayliss p.bayliss83@ntlworld.com

Tel. 01522 882972

Booking details see form below

RYA Level 3 - Better Sailing

Syllabus 2010

This improver course seeks to bridge the gap between Start Sailing L1, Basic Skills (L2) and the five Advanced Modules and is intended to make the transition easier for those sailors wishing to progress further through the scheme, allowing them opportunity to practice and consolidate their techniques and also have a *taster* of what some of the advanced modules have to offer. This would help build confidence, support progression and enable a greater chance of success and achievement of the advanced module outcomes.

Where practicable, students should be afforded the opportunity sail different dinghies during the course. More emphasis should be given to two person dinghies.

The course will maximise time on water actually sailing.

Section A

Practical

Rigging

- Understands how to use rig set up and sail controls to prepare the boat according to different weather conditions and sea states
- Can check a spinnaker is rigged correctly (if fitted)

Launching and Recovery

- Can leave and return to a beach, jetty or mooring, including windward and leeward shore

Revision of Sailing Techniques and Manoeuvres

- Practice and apply the following:
- Adjusting the centre board according to point of sailing
- Correct sail trim for different points of sailing
- Using crew weight to influence the correct trim and balance of the boat
- Choosing the best route to sail depending on conditions

Development of Sailing Techniques and Manoeuvres

- More efficient sailing
- Use of double hander or single hander as an option
- Understands principles of "dry capsize" and how to avoid inversion
- Use of tell tales

Taster Sailing Techniques and Manoeuvres (Examples)

- Can recover a man overboard
- Has knowledge of basic spinnaker handling as crew or helm including; hoist, trim, gybe, drop
- Understands typical club courses
- Understands simple starting and finishing procedures
- Can start and finish a simple race
- Understands the "simplified ISAF racing rules"

Section B

Sailing Background

Sailing Theory and Background

- Understands points of sailing and No Go Zone
- Knows and can apply the following International Rules for the Prevention of Collision at Sea (IRPCS):
- Meeting other sailing vessels
- Meeting power driven vessels
- Following or crossing narrow channels
- Action by stand-on vessel

Navigation

Can use local tide tables

Tidal heights – can read an internet tidal curve prediction

Understands the effect of tide and wind direction on sailing conditions

Meteorology

Understands the Beaufort Wind Scale

Knows sources of information on weather for the day.

Has an awareness of changing weather conditions

Better Sailing Booking Form

Please fill in the form and return to Peter Bayliss at

173 Broughton Gardens
Lincoln
LN5 8SR

with a cheque payable to HSC for £25/£40.

Name:

Address:

Tel:

Mobile:

Email:

Details of an emergency contact

Name

Telephone

Address

Details of any medical treatment being received (if none, write none):

I declare that to the best of my knowledge, I am not suffering from epilepsy, giddy spells, asthma, diabetes, angina or other heart condition, or any other relevant medical condition and I am fit to participate in the course.

Signature

Date